

# Kirtan

Swami Suryadevananda

(Download the video or audio from: [suryadevananda.org](http://suryadevananda.org))

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## Some mantras for kirtan...

1. Om̐ Namaḥ Śivāya (*salutations unto the auspicious Lord*)
2. Om̐ Namō Nārāyanāya (*salutations unto the Lord*)
3. Harī Nārāyaṅ (...*the Lord with and without form*)
4. Nārāyanā, Harī Nārāyanāya (...*the Lord with and without form*)
5. Śrī Rām, Jai Rām, Jai Jai Rām Om̐  
Śrī Rām, Jai Rām, Jai Jai Rām Om̐ (*salutations unto Lord Rama*)

6. Haré Rāmā, Haré Rāmā, Rāmā Rāmā, Haré Haré

Haré Kriśna, Haré Kriśna, Kriśna Kriśna, Haré Haré

*(Maha Mantra – this was Swami Sivananda’s favorite mantra for kirtan. Being long, it also requires deeper breathing, even if you are chanting it in two breaths or with a break and this stretching the breath brings a little pranayama into play which weakens distractions by making less energy available to them.)*

7. Hé Bhagavān (*O Lord*)



A square graphic with a solid orange background. The text 'KEEP CALM AND SING KIRTAN' is centered in a bold, yellow, sans-serif font. The words are arranged in four lines: 'KEEP', 'CALM', 'AND', 'SING', and 'KIRTAN'.

### **Universal Prayer of Swami Sivananda**

O adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent, Omniscient;

Thou art Satchidananda.

(Existence-Consciousness-Bliss Absolute)

Thou art the Indweller of all beings.

Grant us an understanding heart,

Equal vision, balanced mind,

Faith, devotion and wisdom.

Grant us inner spiritual strength

To resist temptation and to control the mind.

Free us from egoism, lust, greed, hatred and anger.

Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.

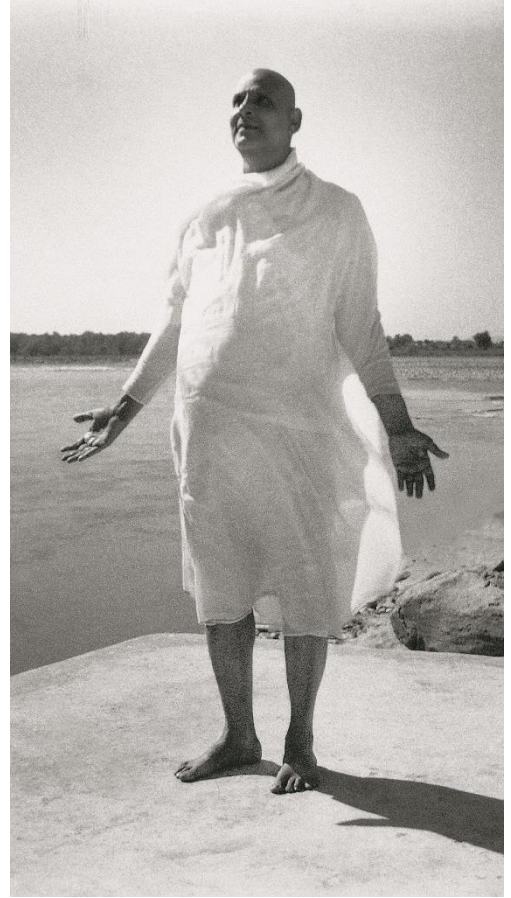
Let us serve Thee in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy Glories.

Let Thy Name be ever on our lips.

Let us abide in Thee for ever and ever.



Harī Om Tat Sat



(Usually, a single mantra is used as a closing mantra – ‘Harī Om Tat Sat’ includes the name of God with form, the Absolute, and as Auspiciousness.)